

The Lemon Grove REVIEW

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Vol. 48, No. 31

Serving Lemon Grove and nearby communities

Tuesday, January 2, 1996 25c

We'd rather be flying

ASTREA cops prefer the air to the streets

Story and photos by
Mark Morgan-Hallburn

Samantha Kraemer is one of the lucky ones. Sheriff's deputies in a helicopter pulled her out of a canyon in the Cleveland National Forest, alive, in 1981.

Kraemer was 17 then, out hiking and rock climbing with some friends from Grossmont High School on a wild dare. She was wearing shorts, tennis shoes and a cheap rope.

While trying to hike down the side of a canyon, Samantha suddenly lost her footing. The rope snapped and she fell about 20 feet, breaking one ankle, spraining the other and shattering a kneecap. Trying to climb up the hill with a broken rib was almost impossible.

Her friends left her to hike back for help. It took them hours to make it to a ranger station. A helicopter was hovering over Kraemer only 10 minutes after the friends called for help.

"I'll never forget the sweet sound of that chopper," the Spring Valley resident remembers, holding her five-year-old son in her arms. "I was at the hospital by the time my friends made it back to the canyon. I don't know which was more stupid, taking the dare, or marrying the guy that made me do it."

Kraemer's luck is called ASTREA, which stands for Aerial Support To Regional Enforcement Agencies. Operated by the county Sheriff's Department, ASTREA has rescued nearly 600 people since its inception in 1972, some 30 of them this past year.

It might be a parachutist with tangled cords on Otay Lake, stranded horses during the floods or fallen climbers in Mission Gorge. ASTREA's not the usual beat and these helicopter pilots are not the usual cops.

"I'm firmly convinced that this is the best job in the Sheriff's Department," says Lt. Scott McClintock, moved in to head the unit in 1994 during some departmental downsizing. "Guys don't leave here very often. It is such and unusual and stimulating position."

McClintock is a 20-year veteran deputy working in emergency planning. A self-described paper

pusher, he acts as the group's administrator, only flying about twice a month when overtime or other needs put him behind the joystick.

ASTREA was founded by Sheriff John Duffy, who felt a bird's eye view would assist not only his deputies, but local police, the federal Drug Enforcement Agency, California Department of Forestry and Immigration and Naturalization Service.

In the past 23 years, ASTREA has been involved in 11,663 arrests, 576 rescued persons, the location of 1,340 lost people, rescue and location of countless animals, 1,763 property recoveries, and including the value of money, property, drugs, and other asset seizures, assisted in the recovery of some \$156 million, according to figures provided by the unit.

Based at El Cajon's Gillespie Field, ASTREA flies six McDonnell Douglas 500D helicopters and a pair of fixed wing aircraft, assisting in law enforcement as well as search and rescue missions. The latter is an all-too-often occurrence in the 4,200-square-mile county that includes many rural areas.

While not the fastest birds in the business, the 500Ds allow pilots to zip from the Mexican border to Oceanside in 15 - 20 minutes, depending on wind conditions.

As with most every deputy, ASTREA members are required to serve several years in the county jail system, then on patrol. Once joining ASTREA, new crew members start as onboard observers, spending a year or two next to the pilot. Observers looking to become pilots receive in-house flight training from one of the team's pilots, either Deputy Apolinar "Chevy" Echevarria or Sgt. Jack Dunn.

ASTREA flight crew members are trained in first aid, search and rescue, and life-saving procedures. In addition, there is a small weight room at the facility for members to use. Lifting people off mountainsides requires both a stamina and agility not necessary in the normal course of writing speeding tickets or chasing suspects on foot. There aren't any fat cops in this group.

Each 10-hour shift consists of



4 - 5 hours of flight time. Much of the rest of the time is spent with maintenance, reports and other matters. The pre-flight process, in which each visible moving part is inspected, takes about 20 minutes, and then members load their individual on-board equipment for departure.

Much of the flight time is on routine patrols, but ASTREA is often called upon by law enforcement units on the ground needing an elevated view of a search or pursuit.

"We give the guys on the ground a view that they wouldn't have otherwise," McClintock says. "We can see into backyards

and onto rooftops, and we can follow people through terrain that they can't follow on foot or in their cars."

Lt. Dan Moody, Communications and Traffic Division manager of the El Cajon Police Department, has found ASTREA invaluable and he's used them to pursue speeding cars on heavily-traveled roadways. Throughout the county, squad cars back off whenever a helicopter gets involved. "These guys are the greatest," says El Cajon Fire Captain Scott Owen. "There are times that I can't believe they are flying. Rain, fog, winds, bad weather. ASTREA flies anyway. I've been on rescue calls where all of a sudden we hear the chopper, and there's ASTREA, landing in the street, just waiting for us."

Rescue is secondary to supporting law enforcement personnel, McClintock says, but it takes up a substantial percentage of his unit's work. San Diego has such a large back-country, complete with desert, mountains, canyons and lakes. Choppers have been used to find lost kids, supervise the Mother Goose parade and help coordinate flood response plans. "They're just a great bunch of people," Moody says. "I don't know what we'd do without them."

ASTREA is always taking police work a step higher, and team camaraderie is no exception. There is an obvious sense of teamwork, humor and bonding in the squad room. They even have a mascot, a large iguana named Huey, after a helicopter.

But underlying the humor is a sense of urgency. They are battling the bad guys and the laws of

ASTREA pilot. He joined the unit four years ago after working on a SWAT Team. He learned his job from the ground up, spent the mandatory year in the observer's seat, took ground school on his own time and at his own expense, then received flight training on the job.

Webber spoke for his colleagues when he said being able to fly every day is a highlight of their work.

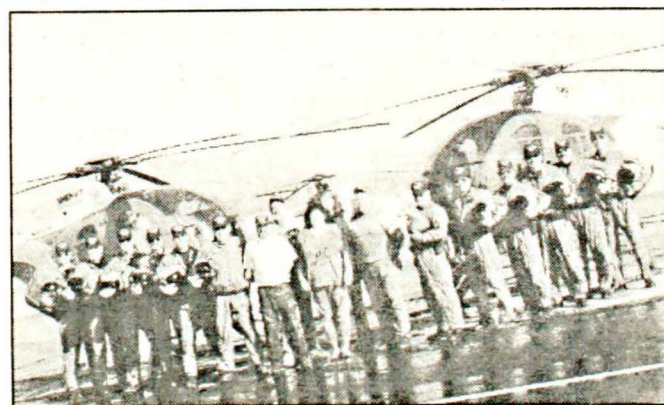
"You gotta love flying to be here," he says. "Most of the guys here love flying, so that's what attracted them to the unit in the first place."

Webber says his toughest new maneuvering is the "One Skid" rescue. The pilot must balance one skid on a rock and keep the helicopter level while rescue personnel are sliding the victim in through the back sideways. Once that person is in, the observer climbs in the back and gives a thumbs up, meaning to pull away from the rock.

One of the things Webber likes about his work is the variety, and the excitement. Crew members aren't saddled with the arrests and reports of their colleagues on the ground. A day's work at ASTREA can go from routine patrols to hair-raising rescues to the public relations chore of giving a tour of the base.

When the radio is quiet, Webber and his teammate like to spend their routine patrols looking for abandoned stolen vehicles in the county. They find the ones that have been stripped and pushed over the side of a ravine.

The other half of the in-the-air team is the on-board observer, a term that doesn't begin to describe the mental balancing act between sight, air-to-ground communications radio, tactical concerns, direction, and tracking of criminals. For many people it would be sensory overload.



The ASTREA crew

nature. One bullet, one broken part, one mistake, can result in death — to a teammate or someone on the ground.

Deputy Tommy Webber, a tall, boyish looking man, is an

Deputy Ron Hobson has been with the San Diego Sheriff's Department for 16 years, after serving with San Diego Police Department. He joined ASTREA

Continued on Page 3

B Words

Personal comments from Mayor Bob Burns

Wrapping it up

Between the dots we have an occurrence at the Smart and Final parking lot where a bad guy had his short crime spree end decisively. Attempting to steal a car, he was brought to the ground by a bystander who massaged his head repeatedly with, what else, a Club. This is the very popular anti-theft device that is used to secure the steering wheel. Apparently the thing is aptly named, and at least one person is painfully aware of same ... Murder seems to be on the rise in Lemon Grove, but car thefts have drastically declined. Only two cars stolen at the Home Depot last month. This is where they were losing a car a day not too long ago ...

What was first thought to be an impossible task, the safe removal of the stained glass window in the church on Main Street, was handily accomplished by our local glass expert, Bennie Garland. In two days, one which included rain, he did the job and the old historical treasure is in a safe place for posterity. He even removed the frame intact so that it could be used as a pattern for a new one ... Sadly the old church that has stood at the corner of Church and Main streets will have to be demolished. Upon examination we found that the entire roof is now being suspended by steel scaffolding, and it looks very much like when they come down, so will the whole roof. At the very least, it is definitely a hazard and cannot be saved. The other buildings on the property are not too bad so may well be useful.

New buses were showcased at a recent council meeting. Elliot Hurvits was on hand from MTDB to show off the vehicle. Extra graffiti prevention measures, trouble-free seats and a brand new look will soon be on our streets for all to enjoy ...

Question most often asked about the various projects around town is WHEN? I must emphasize the word "tentative," but the best guess would be as follows. The San Miguel long-awaited improvements (the water pipeline commitment) will have all the right of way by March '96. Bidding will take two months and construction should start by the first of May. The section of San Miguel between Massachusetts and 69th Street should see some construction beginning in March. Sidewalks and street improvements on Mt. Vernon between Debeo and Difoss should see bidding in March and construction beginning in May of next year. Kunkel Park design and bidding will take until April with construction completed in mid July — more to come later ...

With the holidays over, we can get back to normal again. Big decisions like whether we should take down the Christmas lights or just leave them until next year? Also, how early can we put in those tomato plants so that maybe we can squeeze in two crops next year? Will it be "Better Girl, Beefsteak or Best Boy?" ... I have always relied upon Steve Chance to advise my gardening exploits, and he is the best. Who is this Bruce Asakawa, anyway?

P.S. I would appreciate it if any of my readers would advise me as to subjects that you might wish me to cover in B-Words. I am at P.O. Box BB (that's for Bob Burns), Lemon Grove, CA. 91946

The City of Lemon Grove
saves taxpayers money by
publishing legal notices in the
Lemon Grove Review!

WEATHER

The following information was provided by the Lemon Grove Fire Department.

		High	Low
December	22	65	42
December	23	58	45
December	24	-	-
December	25	-	-
December	26	74	42
December	27	72	43
December	28	65	40

The Lemon Grove Review

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Submissions

Editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope. The editor reserves the right to edit all submissions.



Member
**Lemon Grove
Chamber
of Commerce**

Community Notes

Top athlete named

Kwesi Jacob of Lemon Grove received the Coaches Award from La Jolla Country Day School during its Fall Sports Awards Ceremonies. Jacob is a high school freshman at the not-for-profit college preparatory school. Almost 1,000 students from throughout San Diego County — nursery school through 12th grade — attend the 24-acre campus located in San Diego's Golden Triangle area near the University of California at San Diego.

Kiwanis selling books

The Kiwanis of Lemon Grove are raising funds by selling the "Entertainment Book." Each book contains hundreds of two-for-one discounts for fine dining, fast food, movies, sports activities, special attractions, travel and hotels. The "Entertainment Book" is being sold for \$40 and a portion of the proceeds from the sale will help fund local youth and community projects. To receive a copy, contact Dell Enterprises at 469-2100.

Lions Club makes schools merrier

Christmas was a little merrier for needy students at five area schools thanks to the Spring Valley Lions Club. The Lions donated a total of \$1,000 to the elementary schools' Adopt a Family Christmas program to buy Christmas dinners, toys and clothing for the needy families.

Lions Jim Bowe, Scott Leslie and Richard Brumley delivered \$200 checks to Sharon Justeson, principal of Mt. Vernon Elementary School and Virginia Horowitz, principal of San Miguel Elementary School, as well as Spring Valley principals Cathy Young of Highlands Elementary School, Lois Dekock of Sweetwater Springs Community School and Sharon Barnett of Loma Elementary School.

College Notes

College district seeks new name

What's in a name? Too much, if the name is Grossmont-Cuyamaca Community College District. The district's Board of Trustees has decided it's time for a new name. In a decision reached at a recent board meeting, the trustees approved the steps to be taken to solicit alternative names for the district's cumbersome moniker.

The public is invited to help.

"Is the community confused by our tongue-twister name? Would people prefer something different? What would the community like its college district to be called?" Governing Board President Victor Calderon asked. "We'd like people's suggestions for a new name."

A name change will not be taken lightly. The process has been given a formal four-month time line and procedure. A committee will review the suggestions before a Feb. 15 deadline and public hearings will be held before the final decision is made in April.

Originally called the Grossmont Community College District, the hyphenated expansion was added to represent the two colleges within the district-Grossmont and Cuyamaca Colleges. Over time, the name has been a source of confusion, rather than clarification. The name is not only a mouthful, it has also often been misconstrued as being connected to the Grossmont Union High School District, one of two high school districts within the GCCCD boundaries.

The college district and the high school district are not administered through the same entities and are totally separate institutions.

Suggestions should be mailed to: Grossmont-Cuyamaca Community College District Governing Board, 8800 Grossmont College Dr., El Cajon, CA. 92020-1799.

PUBLIC NOTICES

LOAN: 7231093/HARRIS-CONV OTHER: 6700115 FILE: F-13712 A.P. NUMBER: 577-012-02 NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED JULY 27, 1994, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE is hereby given that QUALITY LOAN SERVICE CORP., as trustee, or successor trustee, or substituted trustee pursuant to the Deed of Trust executed by RONNIE JAY HARRIS, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY, and Recorded on 07/29/1994 as Instrument No. 1994-0468163 of Official records in the office of the County Recorder of SAN DIEGO County, California, and pursuant to the Notice of Default and Election to Sell thereunder recorded 09/08/1995 as Instrument No. 95-0401350 of said Official Records, WILL SELL on 01/08/1996 at 1:00 P.M. at THE FRONT STEPS OF THE COUNTY COURTHOUSE 220 WEST BROADWAY SAN DIEGO, CA AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at the time of sale in lawful money of the United States), all right, title and interest conveyed to and now held by it under said Deed of Trust in the

property situated in said County and State hereinafter described: LOT 16 IN BLOCK 2, OF MONTEREY HEIGHTS, IN THE CITY OF LEMON GROVE, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 1966, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAID SAN DIEGO COUNTY, DECEMBER 6, 1926. The property address and other common designation, if any, of the real property described above is purported to be: 2109-2111 EL DORA STREET, LEMON GROVE, CA 91945. The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$125,175.35. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of

right. Said sale will be made, but without covenant or warranty, express or implied regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed, advances thereunder, with interest as provided therein, and the unpaid principal balance of the Note secured by said Deed with interest thereon as provided in said Note, fees, charges and expenses of the trustee and the trusts created by said Deed of Trust. Dated: 12/11/1995 QUALITY LOAN SERVICE CORP., as said Trustee 1650 EAST FOURTH STREET, SECOND FLOOR SANTA ANA CA 92701 (714) 285-9962 By: DANIEL ALDANA, AUTHORIZED SIGNATURE QPP 20214 12/19, 12/26/1995, 1/2/1996

CITY OF LEMON GROVE NOTICE ADVERTISING FOR BIDS

Sealed proposals will be received by the City Engineer of the City of Lemon Grove, 3232 Main Street, Lemon Grove, California, up to the hour of:

2:00 P.M. on the 11th day of January, 1996 for performing work as follows:

TRAFFIC SIGNAL CONSTRUCTION AT WEST STREET AND BROADWAY IN THE CITY OF LEMON GROVE CONTRACT NO. 95-20

PROJECT DESCRIPTION:

The work to be done consists of furnishing all materials, equipment, tools, supervision, labor, and incidentals required to complete the above stated project with the exception of City-furnished items stated in Section IV. The work consists of the installation of a traffic signal and lighting system at West Street and Broadway.

The bids received will be publicly opened and read at the City Offices, 3232 Main Street, Lemon Grove, California. Copies of the bid package and the specifications may be obtained at that location at a non-refundable charge of \$20.00 per set. The mailing fee is an additional \$10.00. All bidders should direct their questions during the bidding period to the Public Works/Engineering Department at (619) 464-6934.

No bid will be accepted from a Contractor who has not been

licensed in accordance with the provisions of Chapter 9, Division III of Business and Professions Code. The bidder for this Contract must possess a valid General Engineering Contractors "A" License.

The Successful bidder must have a City of Lemon Grove Business License prior to commencement of work.

The City Council of Lemon Grove hereby notifies all bidders that it will affirmatively insure that any contract entered into pursuant to this advertisement for bids, minority business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, sex, or national origin in consideration for an award.

Attention of bidders is particularly called to the requirements of wage rates to be paid under the Contract. It should be noted by all bidders that the current State Prevailing Wage Rate Scale for the San Diego area will be required to be paid by all bidders under the conditions of the Contract. Specifically, this wage scale is the most recent "General Pre-

valing Wage Determination Made By The director of Industrial Relations Pursuant To California Labor Code Division 2, Chapter 1, Part 7, Articles 2.3, and 5." It shall be the responsibility of the Prime Contractor to comply with all applicable sections of the California Labor Code including but not limited to Sections 1776 and 1777.5.

The City Council reserves the right to reject any and all bids, or any combination of bids. Bids must be accompanied by a 10% bid bond as specified in Section 1. Bidders Instructions of the bid documents. No bidder may withdraw his bid without forfeiture of his bid bond within sixty (60) calendar days after the actual date of the bid opening.

Prospective bidders are hereby directed to pay particular attention to the applicable section in the bid package for full directions and requirements as to submittal of bids, bonds and agreements.

Date: 12/19/95

/s/Douglas Yount
DOUGLAS YOUNT,
for City Engineer

The City of Lemon Grove com-

plies with the Americans With Disabilities Act. If you require reasonable accommodations for this bid opening, contact the City Public Works Department at (619) 464-6934 at least 48 hours prior to the scheduled opening.

ADDENDUM NO. 1

TRAFFIC SIGNAL

CONSTRUCTION
AT WEST STREET AND
BROADWAY IN THE CITY
OF LEMON GROVE
CONTRACT NO. 95-20

This addendum shall supercede any sections of the above specifications if conflicts occur. Sections not modified by this addendum shall remain as is.

1. On Page 3 the following sentence shall be revised to include the addition as highlighted:

The bidder for this Contract must possess a valid General Engineering Contractors "A" License or a General Electrical Contractors "C-10" License.

Lemon Grove Review
Dec. 26, 1995 & Jan. 2, 1996

ASTREA

Continued from Page 1

nine years ago, bringing to the team a strong knowledge of East County backwoods, a great help for both patrol and rescue work.

Hobson has worked as a pilot, and currently serves as one of the unit's observers.

"The observer does everything except flying," Hobson says.

"We're coordinating all the radios. When we check a house for them, checking the yard or whatever we have to do, I coordinate all that. The pilot flies it, and he has the last say of any safety situation."

Observers are responsible for tracking the action on the ground, as well as looking out for one of the crew's most dangerous situations: power lines. An innocent phone line that is quite visible

McClintock's biggest challenge.

"Historically, ASTREA has been one of the first units to fall under the budgeting knife because helicopter service is not required by law," he says. "Law enforcement in contract cities is bound by contract, but there is nothing in writing requiring the Sheriff to provide air support service."

ASTREA operates on an annual budget of \$1 million, a budget that hasn't been increased in five years despite rising salaries and the cost of aircraft parts.

Duffy's late-1980s threats to close the unit down were appeased by public outcry, especially from citizens in rural East County. Sheriff Jim Roache, at a similar budget crisis during his

they go after the manufacturers."

ASTREA has managed to upgrade its old piston-model Bell 47s, (the kind of helicopters seen on "M*A*S*H") to turbine helicopters, which are faster and fly higher in worse weather conditions.

Noel Dettloff is one of those ASTREA mechanics. He, Bob Selmon, and Dean Johnson are all retired Navy. Together they have 122 years of experience working on helicopters and airplanes. Selmon helped start ASTREA in 1972.

Dettloff and his colleagues start each day at 6:30 in the morning with aircraft inspection. They normally look at the "birds" that flew the night before, checking for bird strikes and the occasional bullet hole.

"I think in the last five years, there's been one or two that were shot at," Dettloff says. "I don't think people really know that they're shooting at a law-enforcement helicopter. You just get people that shoot at aircraft for whatever reason."

The mechanics work primarily on the weekdays, but chases, warrants and emergency situations bring them in on the weekends. Selmon works seven days a week, while Dettloff and Johnson rotate Saturdays.

It takes 3 - 6 months to prepare a helicopter for ASTREA use. The windows are modified so the teams can fly with the doors off. Even in winter, they fly with doors off for better visibility.

Through the years, RotorCraft has accumulated a roomful of backup parts. Some they can make themselves.

"Aircraft aren't cheap," Dettloff says. "Instead of the main transmission costing \$25,000, we can do it for \$5,000 - \$6,000 which we do in our spare time. We've got enough spares built up, that it keeps the cost down."

The ASTREA crew members are all males. Flying just seems to attract men. ASTREA has very little turnover. The unit's lone female member, clerk Martina Crouch, keeps her feet planted on the terra firma. Sgt. Jack Dunn said that this isn't because his unit doesn't welcome women.

"It's just that the overwhelming majority of candidates are men," Dunn says. "I would love to see a woman apply to and qualify for ASTREA." ☛



Noel Dettloff

from the ground is gray on gray, or gray on gray-colored asphalt from the air. Nighttime brings pretty lights to look at, but they're hardly enough for great visibility.

Crew members need to know every set of wires. Tangling a rotor in a wire can cripple a helicopter. Electrocuting is only a small part of the problem. Helicopters do not glide. If the engine stops, it can be a problem, it can be a big safety consideration.

"You need to know where they are because you sure as heck don't see them when you're in flight," says ASTREA head McClintock. "The background behind them is a dark-brown desert background and you don't see them until it's too late."

During ASTREA's 23 years, San Diego County has grown in population by several hundred thousand people. Yet the unit still has the same number of deputies that it started with during the early 1970s — 10. Shrinking budgets could be

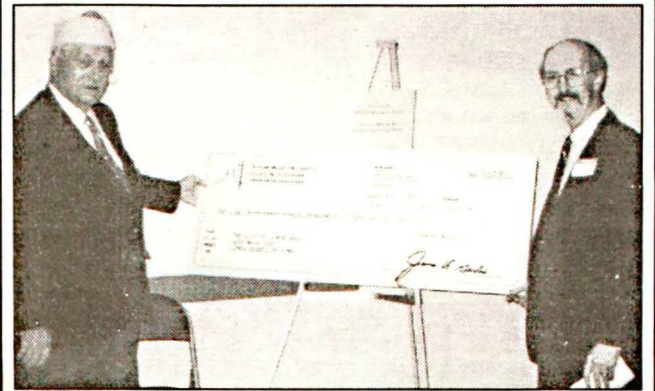
administration, restricted ASTREA's flights to serious crimes-in-progress missions only, in an attempt to save on fuel and maintenance expense.

McClintock and company rely on their mechanics, San Diego RotorCraft, to keep them in the air for around \$500,000 a year.

Unlike their ground-patrol colleagues, ASTREA does not replenish their helicopters with new fleets every few years. A new 500D runs between \$1.5 - \$2 million a piece, so the unit buys used helicopters for around \$400,000 each and spends several months modifying and refurbishing them. As dangerous as that sounds, McClintock says that by replacing each part, the life of a helicopter can be extended safely for many years.

"Aircraft parts are incredibly, unbelievably expensive," McClintock says. "The reason for it is product liability. Everytime an airplane crashes, the lawyers come out from wherever and start suing everybody. And quite often

Peter pays Paul



Mayor Bob Burns presents a check for \$9,059.42 to Rev. Ed Pettis for the Lemon Grove Food Bank. The money was originally raised by Skyline Wesleyan from the proceeds of its Christmas program and donated to the city. A reference in the *Review* notwithstanding, Skyline's check to the city was also for \$9,059.42.

Coach has many balls in air

by Joe Naiman

The fall was not a normal season for Barb Wnek, the East County resident who coaches volleyball at Point Loma Nazarene College. She gave birth to her second child, led her team to the Far West Region championship, and hosted the National Association of Intercollegiate Athletics (NAIA) national championship tournament.

Point Loma College closed out its regular season schedule on Nov. 4 with a win over Cal Baptist in Riverside, with Wnek on the Crusaders' sidelines.

In the early morning hours three days later, Wnek went into labor. Brittany Wnek was born that afternoon, and the Wneks left the hospital the next day. After missing two practices, Wnek was on the floor Nov. 11 as the Crusaders hosted a Far West Regional match.

"I just basically wanted to be there," Wnek says. "I don't like being away from my team."

Wnek and her 9-day-old baby traveled to Fresno for two final Far West Regional matches. The Crusaders defeated Cal Baptist in five games and Fresno Pacific in four games to win their first-ever region title.

Wnek went on to be chosen as the Far West Region's coach of the year.

The Crusaders then hosted the NAIA national finals Nov. 29 through Dec. 2. Point Loma advanced to the quarterfinals before losing, ending the season with a best-ever record of 29 wins and 6 losses.

"I'm really proud of Barbara," says Dr. Carroll Land, Point Loma Nazarene's athletic director and baseball coach. "All she's missed is three days. That's incredible."

Some of the babysitting duties were assumed by Wnek's parents and husband, with assistant

coaches and players chipping in with volleyball organizational tasks.

Assistant coaches took over team practices while Wnek was taking care of Brittany. Wnek's parents also assumed whatever duties they could.

Wnek is married to Mark Wnek, the junior varsity basketball coach at West Hills High School. She considers herself fortunate that her husband understands the skill of balancing parenting and coaching.

"I think we have a very unique relationship in that we both do coach," she says. "We have a great understanding of the demands of the coaching profession."

Barb will reciprocate during Mark's basketball season, which slightly overlaps the volleyball season. When her season ends, they switch workloads and pick up the slack together.

Barb was born in Oxnard in 1965 and moved with her family to San Diego in 1967. She was an all-CIF volleyball selection at Grossmont High School, where she also played softball.

She went on to attend Biola University, where she was a two-time NAIA all-American.

Mark Wnek and Barb Rozendal were married in 1990. In the fall of 1990, Barb led the Crusaders to their first Golden State Athletic Conference championship. She guided the team to three 5th-place finishes in national tournaments in 1992, 1993 and 1995, earning her Master's in Sports Psychology from San Diego State University last year, to boot.

"She's done a great job and the record that they've established is outstanding," says athletic director Land. "Barb's had a very full plate this year with having the baby. She's done a remarkable job of sustaining motivation and energy."



Barb Wnek

King Day commemorations scheduled

YMCA Dignity Award

The YMCA will celebrate the birthday of Dr. Martin Luther King, Jr. with an annual breakfast, 7 to 8:50 a.m. Jan. 12, at the Scottish Rite Center, 1895 Camino del Rio South in Mission Valley.

Over 400 families and community members are expected to attend the 11th annual commemoration of the slain civil rights leader and the recipient of the YMCA Human Dignity Award.

The award recipient, an individual in the community who most exemplifies the character of

Dr. Martin Luther King, Jr., will be announced at breakfast.

The program will also include readings by the winners of the 1996 YMCA Youth Poetry Contest. The featured speaker is San Diego City Councilman George Stevens. Young poets from Martin Luther King, Johnson and Fulton elementary schools will read.

For more information, call 292-4034.

All Peoples Breakfast

The National Conference will hold its fifth annual "All Peoples' Breakfast" in honor of King at 7:30 a.m. Jan. 15 in the San

Diego Convention Center, downtown San Diego.

This year's program is titled "Voices of Healing ... Voices of Hope," and will feature Cecil Steppe, director of the county Department of Social Services, as master of ceremonies.

Breakfast co-sponsors from East County include Baha'i Faith, El Cajon C.A.S.A., the Grossmont-Cuyamaca Community College District, Heartland Human Relations & Fair Housing Association, as well as the Ninth District PTA and the county.

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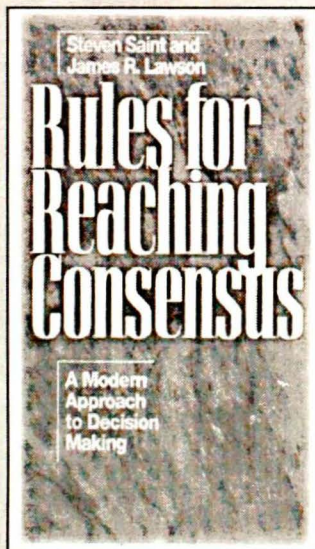
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